

VIRTUAL ACTIVITIES



The Students' Union at UWE



TheSUatUWE



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MONDAY

Outside exercise: NHS couch to
5k **Anytime**
NHS Link

Q&A with VP Socs &
Comm
14:00
Instagram

Yoga Session
18:00
Join us on Zoom

TUESDAY

Yoga Session
11:00
Join us on Zoom

The Students' Union President,
Precious: Standing against
racism: Black Lives Matter
Campaign Update
11:00
Instagram

Sustainability 101:
Sustainable Period Products
17:00
Facebook

WEDNESDAY

PE with Joe Wicks
09:00
Over on YouTube

Yoga Session
12:30
Join us on Zoom

Outside exercise: NHS couch to 5k
Anytime
NHS Link

THURSDAY

Outside exercise: NHS couch to 5k
Anytime
NHS Link

Instagram Takeover:
Paintball
From 12:00
Instagram

FRIDAY

Yoga Session
12:30
Join us on Zoom

Outside exercise: NHS couch to 5k
Anytime
NHS Link

Esports Gaming
Coaching Session
18:00
Discord